



Gluten Free Options

Appetizers

Steamed Mussels A full pound of juicy East Coast mussels steamed in a white wine, garlic and tomato broth

At the Old Spaghetti Factory "It's All Included" means a complete meal at one low price. All our Gluten Free Entrees include Crisp Green Salad; Spumoni Ice Cream; and Hot Tea or our own blend of Coffee. Dressing choices include Ranch, 1000 Island, Blue Cheese or House Italian dressing

Salads

Garden Salad Our fresh garden mix topped with cucumbers, red onions, red and yellow peppers, and cherry tomatoes. Served with choice of ranch, 1000 island, blue cheese or house Italian dressing
Served with hot grilled chicken or skewer of sautéed prawns for additional charge.

Pastas

Tomato Sauce Our famous Italian recipe prepared using premium vine-ripened tomatoes and our unique spice blend

Mushroom Sauce Fresh button mushrooms, cooked until tender and blended with our rich Italian tomato sauce

Mizithra Cheese Our signature Mizithra is a deliciously salty cheese that is grated over our noodles and drizzled with browned butter

Cheesy Baked Tomato Chicken Pasta An Old Spaghetti Factory favorite with a cheesy twist!
Tender pieces of chicken breast, gluten free noodles tossed in our al fresca tomato sauce and baked with mozzarella

Seafood Alfredo A creamy creation, with prawns, scallops and mushrooms sautéed with our gluten free noodles and Alfredo sauce

Red Thai Curry with Prawns or Chicken Light red curry and coconut milk mixed with sautéed peppers and choice of jumbo prawns or chicken tossed in gluten free noodles and topped with fresh cilantro

Seafood Marinara Our gluten free noodles topped with sautéed bay scallops, prawns and mushrooms in a garlic tomato sauce

From Our Grill

Roasted Garlic Grilled Chicken A breast of chicken marinated with garlic and lemon and then grilled. Served over gluten free noodles in a light parmesan and roasted garlic butter

New York Steak An 8oz centre cut New York steak served with sautéed mushrooms and our gluten free noodles with tomato sauce

These menu items may have been modified to be gluten free. Be sure to contact a manager prior to ordering so we can ensure the nature of your allergy is understood. Also, please be aware that normal kitchen operations involve shared cooking and preparation areas. The possibility exists for food items to come into contact with other food products. Due to these circumstances we are unable to guarantee that any menu item can be completely gluten free.